



## **Homework (Shooting)**

### **Session 1**

Quote of the Day

- *“It does not matter how slow you go so long as you do not stop.”*
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Please schedule a thirty-minute workout three times over the next week. Each section of drills should be worked on for 15 minutes.

### **Shooting**

- Banker's Hours
  - o Position yourself at left & right blocks
  - o Aim for 11 & 1 o' clock
- Nothing But Net
  - o 2 feet away in front of rim
  - o 1 dribble and 2 steps
  - o Shoot ball straight in (45 – 50 degrees)

### **Offensive Moves**

- Throw → Catch → Shot Fake → Right Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Right Foot Crossover Lead (dribble) → Power Layup
- Throw → Catch → Shot Fake → Left Foot Crossover Lead (dribble) → Power Layup